



## Easy Bariatric Meal Plan

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<http://international-patient-facilitators.com>

I know that meal-planning can be overwhelming. Doesn't have to be....

Who says we can't repeat meals? This eliminates food waste and it's a great way to spend LESS time in the kitchen.

All the portions here are measured out with the "smaller bariatric tummy" in mind.

The meals included here are all high protein and low in carbohydrates.

I prepared this meal plan with a bit of intermittent fasting in mind. Who says we need to "break our fast" at 8am sharp? I personally don't eat before noon. Sometimes I go for eggs but often I open my eating window with a protein salad.

The caloric intake in this meal plan is low. Why? I want you to choose a healthy snack to add to this meal plan. You have the space to do so.

If you follow my 7 day meal plan, you will be happy you did. Adios to all those sugar cravings. See ya later "swollen gut". Buh Bye mid-afternoon sluggishness.

Healthy Hugs,

Sheri Burke RHN

Your friendly neighbourhood bariatric nutritionist.

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Meal 1



Eggs & Avocado Snack Box



Eggs & Avocado Snack Box



Eggs & Avocado Snack Box



Sheri's Chili Lime Chicken Salad Jar



Sheri's Chili Lime Chicken Salad Jar



Sheri's Chili Lime Chicken Salad Jar



Greek Tomato & Feta Omelette

Meal 2



Cottage Cheese with Blueberries copy



Cottage Cheese with Blueberries copy



Turkey & Cabbage Rolls



Turkey & Cabbage Rolls



Tuna Salad Plate copy



Tuna Salad Plate copy



Tuna Salad Plate copy

Meal 3



Sheri's Tahini Chopped Salad



Sheri's Tahini Chopped Salad



Sheri's Tahini Chopped Salad



Cheeseburger Salad



Cheeseburger Salad



One Pan Steak Fajitas



One Pan Steak & Parmesan Broccoli

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  50%	Fat  50%	Fat  51%	Fat  57%	Fat  59%	Fat  49%	Fat  59%
Carbs  17%	Carbs  17%	Carbs  16%	Carbs  10%	Carbs  11%	Carbs  18%	Carbs  12%
Protein  33%	Protein  33%	Protein  33%	Protein  33%	Protein  30%	Protein  33%	Protein  29%
Calories 658	Calories 658	Calories 635	Calories 703	Calories 873	Calories 792	Calories 734
Fat 38g	Fat 38g	Fat 37g	Fat 45g	Fat 58g	Fat 44g	Fat 49g
Carbs 29g	Carbs 29g	Carbs 27g	Carbs 17g	Carbs 24g	Carbs 37g	Carbs 23g
Fiber 9g	Fiber 9g	Fiber 9g	Fiber 4g	Fiber 11g	Fiber 14g	Fiber 10g
Sugar 12g	Sugar 12g	Sugar 9g	Sugar 8g	Sugar 7g	Sugar 13g	Sugar 3g
Protein 56g	Protein 56g	Protein 54g	Protein 58g	Protein 67g	Protein 67g	Protein 54g

### Fruits

- 2 1/4 Avocado
- 1/2 cup Blueberries
- 1/4 Lemon
- 1 1/2 Lime

### Seeds, Nuts & Spices

- 1 1/2 tsps Chili Powder
- 1/8 tsp Cumin
- 1/3 tsp Garlic Powder
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Smoked Paprika

### Vegetables

- 1 1/2 cups Baby Spinach
- 1/2 head Boston Lettuce
- 1 1/4 cups Broccoli
- 3/4 Carrot
- 1 1/4 cups Cherry Tomatoes
- 3 tsps Chives
- 3 tsps Cilantro
- 3 Cucumber
- 1/4 head Iceberg Lettuce
- 1/4 Orange Bell Pepper
- 1 1/2 tsps Parsley
- 1 cup Purple Cabbage
- 1 3/4 Red Bell Pepper
- 2 tsps Red Onion
- 3/4 head Romaine Hearts
- 1/4 Sweet Onion
- 1 Tomato

### Boxed & Canned

- 1 1/2 cans Tuna

### Bread, Fish, Meat & Cheese

- 4 ozs Cheddar Cheese
- 12 ozs Chicken Breast
- 9 ozs Chicken Breast, Cooked
- 6 ozs Extra Lean Ground Beef
- 1 tbsps Feta Cheese
- 3 ozs Flank Steak
- 1 tbsps Parmigiano Reggiano
- 4 ozs Sliced Turkey Breast
- 3 ozs Top Sirloin Steak

### Condiments & Oils

- 1 tbsps Apple Cider Vinegar
- 3 tsps Avocado Oil
- 1/2 tsp Coconut Oil
- 1 tsp Extra Virgin Olive Oil
- 2 1/3 tsps Mayonnaise
- 2 tsps Pickle
- 1 tbsps Pitted Kalamata Olives
- 3 tsps Tahini
- 1 tsp Yellow Mustard

### Cold

- 1 cup Cottage Cheese
- 5 Egg
- 3/4 cup Unsweetened Greek Yogurt

### Other

- 1/3 cup Water



## Eggs & Avocado Snack Box

1 serving  
15 minutes

### Ingredients

- 1 Egg
- 1/4 Avocado (medium, peeled)
- 1/3 Cucumber (sliced)
- 1 oz Cheddar Cheese (cubed)

### Nutrition

Amount per serving	
Calories	281
Fat	22g
Carbs	9g
Fiber	4g
Sugar	2g
Protein	14g

### Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.



## Sheri's Chili Lime Chicken Salad Jar

1 serving

50 minutes

### Ingredients

4 ozs Chicken Breast (boneless, skinless)  
1 tbsp Avocado Oil (divided)  
1/4 tsp Chili Powder  
1/4 tsp Smoked Paprika  
1/8 tsp Garlic Powder  
1/8 tsp Sea Salt  
1/4 Red Bell Pepper (finely chopped)  
1/4 cup Cherry Tomatoes (chopped)  
1/2 Lime (juiced)  
1 tbsp Cilantro (finely chopped)  
1/2 cup Baby Spinach

### Nutrition

Amount per serving	
Calories	288
Fat	17g
Carbs	7g
Fiber	2g
Sugar	3g
Protein	27g

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Place chicken breast in a baking dish. Drizzle with half of the oil and season with chili powder, paprika, garlic, and salt. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let it rest for at least 10 to 15 minutes. Cut the rested chicken into 1/2-inch cubes and allow it to cool completely.
- 3 Meanwhile, add the bell pepper and tomatoes to a bowl with the lime juice, cilantro, and the remaining oil. Stir to combine.
- 4 Add the peppers, tomatoes and dressing to your jar then add the cooled chicken and spinach. Place the lid on the jar and store in the refrigerator.
- 5 To serve, dump the contents of the jar into a bowl. Enjoy!

### Notes

**Leftovers:** Refrigerate jars for up to three days.

**More Flavor:** Add onion and garlic to the peppers and tomatoes. Add chipotle chili powder, cumin, onion powder or cayenne pepper to the chicken seasoning.

**Additional Toppings:** Avocado, sliced jalapenos, green onions and extra cilantro.

**Meal Prep:** Make the chicken in advance to save time.



## Greek Tomato & Feta Omelette

1 serving

5 minutes

### Ingredients

- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Extra Virgin Olive Oil
- 1 Tomato (small, chopped, seeds removed)
- 1 tbsp Pitted Kalamata Olives (chopped)
- 1 tbsp Feta Cheese (crumbled)
- 1 1/2 tsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	216
Fat	15g
Carbs	5g
Fiber	1g
Sugar	0g
Protein	15g

### Directions

- 1 In a small bowl, whisk the eggs with a fork and season with salt and pepper. Set aside.
- 2 Heat a small skillet over medium heat and add the oil. Pour in the egg mixture and cook until almost set. Place the chopped tomato, olives, and feta on one half of the omelette and fold the other half over top. Remove from heat and top with parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Omit the feta, or use a vegan cheese.

**More Flavor:** Add chili flakes.

**Make it Fluffy:** For a fluffier omelette, whisk the eggs with milk.



## Cottage Cheese with Blueberries copy

1 serving

5 minutes

### Ingredients

- 1/2 cup Cottage Cheese
- 1/4 cup Blueberries (fresh or frozen)

### Nutrition

Amount per serving	
Calories	124
Fat	5g
Carbs	9g
Fiber	1g
Sugar	6g
Protein	12g

### Directions

- 1 Divide the cottage cheese and blueberries into bowls or storage containers. Enjoy!

### Notes

**Make It Sweet:** Drizzle honey or maple syrup otop.

**Storage:** Refrigerate in an airtight container up to 3 to 5 days.



## Turkey & Cabbage Rolls

1 serving

10 minutes

### Ingredients

- 1/2 cup Purple Cabbage (leaves pulled apart)
- 2 ozs Sliced Turkey Breast
- 1/4 Cucumber (medium, sliced)
- 1/2 tsp Mayonnaise

### Nutrition

Amount per serving	
Calories	101
Fat	4g
Carbs	7g
Fiber	1g
Sugar	3g
Protein	10g

### Directions

- 1 Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately two small rolls.

**Additional Toppings:** Add sprouts or arugula.



## Tuna Salad Plate copy

1 serving

5 minutes

### Ingredients

- 1/2 can Tuna (drained, broken into chunks)
- 1/2 Avocado (pit removed)
- 1/4 cup Unsweetened Greek Yogurt
- 1/4 Cucumber (sliced)
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	271
Fat	17g
Carbs	14g
Fiber	8g
Sugar	2g
Protein	19g

### Directions

1

- Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add pepper, paprika and/or lemon juice.

**Additional Toppings:** Top with sliced green onions, red onion or red pepper flakes.

**No Tuna:** Use sardines or salmon instead.

**No Coconut Yogurt:** Use mayonnaise or Greek yogurt instead.



## Sheri's Tahini Chopped Salad

1 serving  
10 minutes

### Ingredients

- 1 tbsp Tahini
- 2 tbsps Water
- 1 tbsp Chives
- Sea Salt & Black Pepper
- 1/4 head Romaine Hearts (chopped)
- 1/4 Cucumber (medium, chopped)
- 1/4 Carrot (medium, peeled and chopped)
- 1/4 Red Bell Pepper (medium, chopped)
- 1/4 cup Broccoli (chopped)
- 3 ozs Chicken Breast, Cooked (chopped)

### Nutrition

Amount per serving	
Calories	253
Fat	11g
Carbs	11g
Fiber	4g
Sugar	4g
Protein	30g

### Directions

- 1 Add the tahini to a small bowl and stir in the water. Add the chives and season with salt and pepper to taste.
- 2 Divide the lettuce between bowls and top with cucumber, carrot, red pepper, broccoli, and chicken. Pour the dressing over top and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Serve with lemon wedges or add fresh lemon juice or maple syrup to the dressing.

**Additional Toppings:** Add other chopped veggies or fresh herbs.

**No Cooked Chicken:** Use cooked shrimp, salmon, or tofu instead.

**No Chives:** Use fresh parsley instead.



## Cheeseburger Salad

1 serving  
15 minutes

### Ingredients

- 3 ozs Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Mayonnaise
- 1 1/2 tsps Apple Cider Vinegar
- 1/2 tsp Yellow Mustard
- 1/4 head Boston Lettuce
- 1/4 cup Cherry Tomatoes (halved)
- 1/2 oz Cheddar Cheese (shredded)
- 1 tbsp Red Onion (diced)
- 1 tbsp Pickle (chopped)

### Nutrition

Amount per serving	
Calories	314
Fat	24g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	21g

### Directions

- 1 Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary and season with salt and pepper.
- 2 In a bowl, whisk together the mayonnaise, apple cider vinegar, and mustard.
- 3 Divide the lettuce, tomatoes, ground beef, cheese, red onion, and pickle between plates. Drizzle the dressing over top and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one day.

**Serving Size:** One serving equals approximately four cups.

**Dairy-Free:** Use vegan cheese instead of cheddar.

**More Flavor:** Add garlic to the ground beef.

**Additional Toppings:** Add sliced green onions.



## One Pan Steak Fajitas

1 serving  
20 minutes

### Ingredients

- 3/4 tsp Chili Powder
- 1/8 tsp Cumin
- 1/8 tsp Sea Salt
- 1/4 Red Bell Pepper (medium, sliced)
- 1/4 Orange Bell Pepper (medium, sliced)
- 1/4 Sweet Onion (medium, sliced)
- 3 ozs Flank Steak (sliced)
- 1/2 tsp Extra Virgin Olive Oil
- 1/4 head Iceberg Lettuce (small, leaves pulled apart)

### Nutrition

Amount per serving	
Calories	233
Fat	10g
Carbs	16g
Fiber	4g
Sugar	8g
Protein	21g

### Directions

- 1 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 2 In a bowl, combine the chili powder, cumin, and salt. Set aside.
- 3 In a large mixing bowl, add your sliced peppers, onion, and steak. Drizzle with oil and then sprinkle with the seasoning. Toss until well coated. Transfer to your baking sheet and bake for 10 to 15 minutes or until the steak is cooked to your liking and the peppers are soft.
- 4 Scoop the steak and peppers into lettuce wraps and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately three fajitas.

**More Flavor:** Add jalapeño peppers, paprika, and garlic powder. Cook on the barbecue in a grilling basket. Serve with corn tortillas instead of lettuce.

**Additional Toppings:** Serve with avocado, lime juice, cashew cream sauce, or plain yogurt.



## One Pan Steak & Parmesan Broccoli

1 serving

15 minutes

### Ingredients

- 3 ozs Top Sirloin Steak
- 1/2 cup Broccoli (chopped into florets)
- 1/2 tsp Coconut Oil (melted)
- Sea Salt & Black Pepper (to taste)
- 1/4 Lemon (sliced)
- 1 tbsp Parmigiano Reggiano

### Nutrition

Amount per serving	
Calories	247
Fat	17g
Carbs	4g
Fiber	1g
Sugar	1g
Protein	20g

### Directions

- 1 Preheat the oven to broil.
- 2 Arrange the steak and broccoli florets onto a baking sheet. Coat in oil and season with salt and pepper. Arrange the lemon slices over top. Broil for about eight minutes, flipping the steaks and broccoli halfway.
- 3 Remove from the oven and sprinkle parmesan over the broccoli. Broil until the cheese is melted and the broccoli is golden brown, about one to two minutes. Slice the steak and divide onto plates with the parmesan broccoli. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Use vegan cheese instead of parmesan or omit completely.

**More Flavor:** Add your choice of herbs and spices.

**Additional Toppings:** Serve with sweet potatoes, cauliflower mash, brown rice, mixed greens, or quinoa.